

## Ultrarunning Camp Packing List

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Lisa and Marshall suggest that each camp participant pack the following items. Remember, we will be doing road runs in the desert, and temperatures can vary from over 100°F during the day, down to the high 60s at night. We will also be doing at least one trail run up a mountain peak (elevation), so it may get cold near the top...we may even encounter a bit of snow!

### Running/Workout Clothing and Gear

- Running Shoes (2 pair) - one pair approximately ½ to 1 size larger to allow for foot swelling
- Sunglasses (recommend wrap-around style)
- Baseball hat
- Sun hat, with neck flaps (recommended)
- Warm ski-type hat
- Buff
- Bandana
- Gloves (2 pair) – 1 each lightweight liner, medium weight
- T-shirts, synthetic/Coolmax white (3)
- T-shirts, cotton (2)
- Wool or synthetic t-shirts (2) – 1 each lightweight and medium weight
- Long sleeve, synthetic/Coolmax white lightweight shirts for desert (2)
- Fleece jacket or top (mid-weight)
- Fleece vest (recommended)
- Rain/wind jacket (light-weight, breathable, with hood)
- Shorts or short tights (2-3 pair)
- Tights (2 pair)
- Loose fitting Coolmax white, desert pants
- Rain/Wind pants
- Underwear (recommend Synthetic/Coolmax)
- Socks – liner, ankle height (6 pairs)
- Socks - lightweight (3 pair)
- Socks - medium weight socks (3 pair)
- Socks – medium to heavy-weight wool or polypro (2 pair)
- Water bottles (2-3, preferably with hand holders!)
- Camelback (if preferred)
- Waist belt / fanny pack
- Electrolyte replacement drink mixes (enough for 4 full days of training) and salt/electrolyte tablets
- Gels / Bars (enough for 4 full days of training)
- Snacks
- Headlamp and extra batteries (for night-time run)
- Swimming suit
- Jump rope with 1-pound weight handles

## Casual clothing

- Pants
- Shorts
- T-shirts
- Shirts
- Socks
- Warm jacket
- Sleepwear
- Casual hiking boots or shoes
- Sandals

## Personal

- Toilet paper for trail
- Baby wipes (optional)
- Hand sanitizer/wipes (optional)
- Toothpaste and brush
- Contacts and saline (if applicable)
- Camera / Batteries
- Notepad or Notebook and Pen
- I pod or walkman (optional)

## Medical

- Sunscreen (recommend SPF 30)
- Prescription medications
- Tylenol or Ibuprophen
- Salt/electrolyte tablets
- Lip Balm (with SPF recommended)
- Neosporin
- Bug repellent
- Roloids and/or Maalox
- Imodium (optional)
- Swiss Army Knife
- Ace Bandage
- Second Skin
- Moleskin
- Compeed pads or similar